

# The Truth About Being A Project Manager

by Adrian Neumeyer

# Truth #1: Managing projects is pretty stressful

If you think your current job is really demanding, I can assure you **it's not**. **10x** your current stress level and you know what it feels to work as a project manager.

**The good news is:** If you are willing to grow personally, you can train yourself to **become more resilient:**

- volunteer for unpopular and challenging tasks
- start exercising (weightlifting, distance running etc.)
- wake up earlier (5 am)
- don't run away from conflicts. If the resolution of a problem requires difficult conversations, then accept them.
- try to complete more of your work in a typical day

# Truth #2: Nobody will thank you for your work

Except your top management. Everybody else will just be happy if you leave them alone. At best, people will do their project work without grumbling. Typically you will face a lot of resistance from people because they are loaded with work and don't want any extra work. I'm just telling you the truth.

## **How you can still find enjoyment in your job:**

- adopt a „somebody has to do the job“ mindset
- focus on the project goal (this is what counts)
- celebrate successes (even if they are small)
- think about the things you have learnt (from failures and wins)

# Truth #3: Your communication skills will make or break your PM career

If you are not good at communicating with people, you should **not** get into project management. Your ability to convey information clearly, persuade people effectively and to listen carefully will make the difference between a successful project and a complete failure. The good news is:

## **You can become a better communicator. Here's how:**

- practice talking to strangers (*for example, I raised my level of confidence by starting conversations with random people on the subway*)
- practice small talk (talking about personal things => very important to **build trust!**)
- speak up in every meeting you're attending
- ask questions during or after presentations

Still, I believe project management is one of the best career paths you can take if you want to stand out from the crowd, make the most out of your life and accomplish things you never thought were possible.

# For me, going into project management has been one of the best decisions I ever made. Here's why:



I was quite shy as a kid.

Working as a project manager helped me step out of my comfort zone, overcome my mental barriers and develop unshakable confidence.



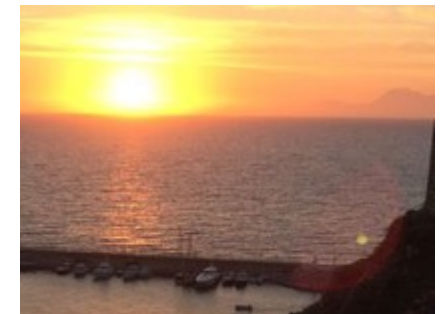
Working with a team to achieve something great has been extremely rewarding



I got to see the world by doing projects all across the globe



Made really nice money to pay for memorable vacations with my wife



From our trip to the USA and to Italy

You can achieve the same.



# Check out my articles on project management

- What does a project manager actually do?  
<https://www.tacticalprojectmanager.com/career/project-manager-what-do-they-do-responsibilities/>
- Project management terms you should know  
<https://www.tacticalprojectmanager.com/project-management-terms/>
- How to plan a new project  
<https://www.tacticalprojectmanager.com/solid-project-plan>
- What's a project goal? And how to define it?  
<https://www.tacticalprojectmanager.com/basics/project-goal-definition-common-mistake/>